

**Claims**

1. The use of a dark fruit for the manufacture of an orally ingestable composition as a prebiotic for the promotion of health in a mammal.
2. Use as claimed in claim 1 wherein the dark fruit is in the form of fruit juice.
3. Use as claimed in claim 1 or 2 wherein the dark fruit is blackcurrant, blackberry, strawberry, blueberry, pomegranate, plum, grape, raspberry, cranberry, redcurrant, cherry or a mixture of two or more thereof.
4. Use as claimed in claim 3 wherein the dark fruit is blackcurrant, cranberry, pomegranate or a mixture of two or more thereof.
5. Use as claimed in any one of claims 1 to 4 wherein the composition is a beverage.
6. Use as claimed in claim 5 wherein the composition is a beverage concentrate comprising 1-40% (v/v) single strength fruit juice.
7. Use as claimed in claim 5 wherein the composition is ready to drink beverage comprising 1-20% (v/v) single strength fruit juice.
8. Use as claimed in claim 1 wherein the composition further comprises a probiotic.